

Osteoporosis Symptom & Fracture Risk Checklist

Use this checklist to track symptoms, possible triggers, medications, and when to contact your rheumatologist.

✓ Symptoms / Warning Signs (check all that apply)

- Back pain
- Loss of height over time
- Stooped posture or rounding of the upper back
- Fracture after a minor fall or low-impact injury
- Wrist fracture
- Hip fracture
- Spine compression fracture
- Sudden pain in the back after bending, lifting, or twisting
- Bone pain or tenderness
- Trouble standing upright comfortably
- Reduced mobility after a minor injury
- Difficulty walking due to pain after a fall
- Balance problems or feeling unsteady
- Increased fear of falling
- Muscle weakness
- Changes in posture noticed by family or caregiver
- Recurrent falls
- Pain that disturbs sleep
- New deformity or visible curvature of the spine
- Other: _____

✓ Possible Triggers / Risk Factors (past 24–72 hours or ongoing)

- Recent fall or near-fall
- Low-impact injury
- Missed doses of osteoporosis medication

- Recent steroid use or steroid dose increase
- Low calcium intake
- Low vitamin D intake or poor supplement adherence
- Reduced physical activity or prolonged inactivity
- Smoking / vaping exposure
- Alcohol intake
- Unsafe home environment or fall hazards
- Other: _____

✓ Current Medications

Medications taken for symptoms (today/this event):

Dose and time taken:

Long-term osteoporosis medication(s) (if any):

Last dose taken (date/time):

When to Call Your Rheumatologist (or seek urgent care)

- Sudden severe back, hip, or wrist pain after a minor fall or low-impact injury
- Suspected fracture or inability to bear weight safely
- New loss of height, sudden stooped posture, or visible spinal curvature
- Severe pain with movement after bending, lifting, or twisting
- New fall with ongoing pain, swelling, or reduced mobility
- Major difficulty walking, standing, or getting out of bed
- Side effects from medications (rash, shortness of breath, severe GI symptoms)
- Recurrent falls or increasing concern about fracture risk
- Symptoms becoming more frequent, more severe, or affecting daily function
- Questions about medication safety, calcium, vitamin D, fall prevention, or exercise
- No improvement after treatment or concern for a new compression fracture

Contact Information

Rheumatology Care Associates

Phone: [Call \(352\) 717-0603](tel:3527170603)

Contact / Request Appointment: [Contact Us](#)

Address: 2611 S US Hwy 27, Clermont, FL 34711

Website: rheumatologycareassociates.com

Book Appointment: [Schedule Online](#)

Quick Action Plan

During a symptom flare or after a possible fracture event:

1. Take your prescribed symptom-relief medication exactly as directed by your clinician.
2. Stop the activity that triggered pain and avoid unsafe lifting, bending, or twisting.
3. If a fracture is possible, limit movement and get medical help promptly.
4. Keep track of pain location, fall details, posture changes, height loss, and mobility changes.
5. Stay hydrated and prioritize safe movement and recovery.
6. Remove fall hazards and avoid activities that raise fracture risk.
7. Contact your rheumatologist promptly if pain, posture, walking ability, or fall risk worsens.
8. Seek urgent care for suspected fracture, inability to bear weight, severe back pain, or major mobility loss.

Prevention tips:

- Take long-term osteoporosis medication consistently as prescribed.
- Keep a simple event log (date, pain area, fall or trigger, mobility change, possible fracture symptoms).
- Get enough calcium and vitamin D as advised by your clinician.
- Do weight-bearing and strengthening exercise as recommended.
- Avoid smoking and limit alcohol intake.
- Reduce fall risks at home and report new fractures, height loss, or posture changes early.
- Keep regular follow-ups and review medication side effects with your specialist.

Need Help?

Emergency / urgent concerns:

Call now: [\(352\) 717-0603](tel:3527170603)

Request appointment: [Contact Form](#)

Visit website:

rheumatologycareassociates.com

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For educational purposes only. This does not replace professional medical advice. Always consult your healthcare provider for diagnosis and treatment.

Learn more about Osteoporosis: [Visit our Osteoporosis Guide](#)

How to Use This Checklist

1. Print this checklist or keep it on your phone.
2. During a flare or after a fall, check symptoms and possible triggers.
3. Record medications and timing to help monitor treatment response.
4. Bring it to appointments so your rheumatologist can track patterns over time.
5. Call immediately for suspected fracture, severe back pain, inability to bear weight, or sudden posture change.